

# NONVIOLENT COMMUNICATION

*Weekend workshop with internationally accredited & awesome trainer Kate Raffin*

**This training will give you the skills to:**

- **Say what really matters to you from a place of calm & compassion.**
- **Increase presence and empathy even in challenging circumstances, hear other's needs.**
- **Take responsibility for feelings, actions & choices. Talk about the hard stuff in a way that ensures you are truly heard.**



*Friday 27 Sept, 6 - 9pm. Introduction*

*Saturday 28 Sept, 1 - 6pm.*

*Sunday 29th Sept, 1 - 6pm.*

*\$50 Introduction only*

*\$275 Intro & 2 days*

*Repeat for only \$150!*

**EARLY BIRD deal \$225**

*when you book in by*

*Friday 6th September.*



*Kate is an experienced and engaging facilitator. She is a certified trainer with the Centre for Nonviolent Communication*  
*More info about Kate: [hearttalkmatters.com](http://hearttalkmatters.com)*

*"This course has truly enhanced all my relationships. It was challenging, supportive and inspiring. NVC will make a significant difference to the lives of everyone who does this course."*  
*FIONA B. 2018 Bega participant*

## **BOOKINGS & INFO:**

*Humanitx website:*

*Search for*

*Nonviolent*

*Communication*

*Workshop*

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